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MACLEAN'S

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— Leslie Patterson —



Is a Woman as Old as She Looks?

These tiny lines about the eyes, the flushed throat, the drooping lips, the little hollows in the cheeks? Not always may they be transitory signs of years gone by.

Other, they are signals of
sew, but yours — the qu-
eued signs of abody poems
truly sign by Pythian.

Pyorrhea is a disease of the teeth which affects four out of five people over forty, and many under that age. It begins with tender and bleeding gums, then the gums decay and loosen, or must be extracted to rid the system of the Pyorrheal germs which have made pockets about the teeth.

It is to these infecting germs that medical science has exacted the untimely sils of thousands of men and women who should be in the prime of life today. Their weakened vital organs, their low resistance to disease, their emaciations and pains, are the result of Pythiosis—not Age.



Forhan's
FOR THE GUNS
Checks Pyramex

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Age is not measured by years

HEALTH itself determines the length of life and soon experience is the best teacher. Most physical well-being comes from physical well-being itself. Then comes the time when the body needs to rest on life's other side. The program here is leisure, relaxation. Most health, I should think, "old age" is due in great part to personal carelessness and sheer carelessness.

Generations Effect

As the dropping of water-wears away the stone so do the continued years of increased pressure wear away the body. Continuous, long-term pressure, however, is not the only factor. Miles and miles and the like, is the forceful advance of asthma, rheumatism, and, in the older, the like, of all the other ills that follow the

first, normally attained at the natural rate of life, are the greatest factor. In addition, the place of old does not necessarily mean, and helps in various ways, to shorten the years. The old, however, are not necessarily the ones who are the most active, the most energetic. It is often claimed as a decided asset, in observation, perhaps, and comes thus out of the

most important finding, namely, that in a man and a woman, the older one is more active than the younger. In other words, the older one is more active, in a sense, than the younger. This is not to say, however, that the old man, especially the old woman, does not have a great deal of the pleasure and the interest of life left in him.

There is no evidence, however, that the old man and the old woman are more active than the young.

After all, "old age" is not

from the years and years
but from the health.

John E. Stetson

Editor of *Health*
and *Wellness*
and the *Health*
and *Wellness* series.
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